

Eating Disorders (AK 35-USDA 358)

Explain to Participant

You're enrolled in the WIC program today because your doctor has diagnosed you with an eating disorder. These disorders result in general malnutrition and may cause life-threatening fluid and electrolyte imbalances. Women with eating disorders may begin pregnancy in a poor nutritional state and cause complications. Common symptoms include self-induced vomiting, abusing laxatives, on and off self-starvation, using drugs to lower the appetite or diuretics.

Goal

The goal is to help you reduce eating disorder symptoms and to eat an adequate diet to improve your nutritional status..

Suggestions for Reducing Risk

Refer to a Registered Dietitian (RD).
Follow the recommendations of your health care provider.
Explain the nutrition education material suggested.
Drink 8 glasses of water every day.
Ask your health care provider about exercise.

Nutrition Education Material Suggested Explain Applicable WIC Foods

Using the Dietary Guidelines for Americans....for good health

WIC Foods

Nutrients Provided

Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron
Carrots	Vitamin A
Tuna Fish	Protein
Salmon	Calcium, Vitamin A, Protein
Iron Fortified Infant Formula	Calcium, Vitamins A & C, Protein, Iron
Iron Fortified Infant Cereal	Iron

Explain What the WIC Nutrients Can Do for You!

Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information